

## Claims

- [1] Shoes for walking reform is characterized to composed Luminescence Element equipped on the front of shoes; Receiving Light Element equipped on the rear of shoes; Detector detecting light input to Receiving Light Element; Timer specifying input time of light to aforesaid Detector; Alarm Device gives its alert sound on the light not inputted to Detector within the fixed time; Power Resource Device supplying power to aforesaid apparatus including power-apparatus.